



Course on Self-love and Compassion (Private or Group Session) (There will be Questions and Answers in presentation)

First Session

1. What is self- love and compassion
2. How to breakdown the wall of ego
3. Self-investigation and introspection
4. Appreciate your body parts

Second Session

Follow up Previous Session

1. Witness of compassion
2. Love with awareness
3. Dissolve useless thoughts
4. Act of forgiving

Third Session

Follow up the previous session

1. Raise frequency, vibration, & energy
2. Live with the heart not mind
3. Stop judgment and labeling
4. We are one

Fourth Session

Follow up the previous session

1. Connect with nature
2. Hugging and grounding
3. Practice gratitude daily
4. Self-respect, self-esteem, and self-image



Canadian Mindfulness Research Center

308, 5 Saddlestone way, NE Calgary – T3J OS2

Phone no: 403- 466-3161

www.santeaching.com

info@santeaching.com

Fifth Session

Follow up the previous session

1. Soul to soul connection
2. Be Courageous
3. Creates nothingness inside
4. Responsive not Reactive

Sixth Session

Follow up the previous session

1. Connecting with higher source energy
2. Positive affirmation
3. Positive relationship
4. Balance between spiritualism and materialism

Note- Practical demonstration of Guided Meditation Practice in Every Session. I strongly recommend to attend all sessions in a person. If not possible, then we can go on zoom, skype etc.

Each session in two classes (Total 6 Sessions). Every classes for 2 hrs. Follow up in every classes.

Thank you!